

How Much Water Do You Need?

Water is an essential nutrient. Our bodies are 55-60% water. A loss of 20% can result in death. When we feel thirsty we are already dehydrated. Increases in exercise, altitude, heat or cold also increase our need for water. Dark yellow urine suggests some degree of dehydration. Under these situations consume 1 cup of water every 20 minutes or until urine is a pale yellow color.

Calculations below are for normal conditions only. Drink more water if it's hot, cold, for high altitude and before heavy exercise.

Your weight $\div 2$ = amount H₂O in ounces you need daily.

	Example	Your weight
• Step 1 weight in lbs	160	
• Step 2 divide by 2	$160 \div 2 =$	$\div 2$
• Step 3 Equals oz/day	80 oz	oz
• Step 4 Divide by 8 (8 oz per cup)	$80 \div 8$	$\div 8$
To get # cups/day	= 10 cups/day	= _____